

AD _____

Award Number: DAMD17-00-1-0017

TITLE: Emotional Expression and Psychological Adjustment to
Prostate Cancer: A Brief Intervention for Patients and
Their Partners

PRINCIPAL INVESTIGATOR: Sandra G. Zakowski, Ph.D.

CONTRACTING ORGANIZATION: Finch University of Health Sciences
The Chicago Medical School
North Chicago, Illinois 60064

REPORT DATE: February 2001

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

DISTRIBUTION STATEMENT: Approved for public release;
Distribution unlimited

The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation.

20010723 111

REPORT DOCUMENTATION PAGEForm Approved
OMB No. 074-0188

Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing this collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302, and to the Office of Management and Budget, Paperwork Reduction Project (0704-0188), Washington, DC 20503

1. AGENCY USE ONLY (Leave blank)		2. REPORT DATE February 2001	3. REPORT TYPE AND DATES COVERED Annual (1 Feb 00 - 31 Jan 01)	
4. TITLE AND SUBTITLE Emotional Expression and Psychological Adjustment to Prostate Cancer: A Brief Intervention for Patients and Their Partners			5. FUNDING NUMBERS DAMD17-00-1-0017	
6. AUTHOR(S) Sandra G. Zakowski, Ph.D.				
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) Finch University of Health Sciences The Chicago Medical School North Chicago, Illinois 60064 E-MAIL: sandra.zakowski@finchcms.edu			8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) U.S. Army Medical Research and Materiel Command Fort Detrick, Maryland 21702-5012			10. SPONSORING / MONITORING AGENCY REPORT NUMBER	
11. SUPPLEMENTARY NOTES				
12a. DISTRIBUTION / AVAILABILITY STATEMENT Approved for public release; Distribution unlimited				12b. DISTRIBUTION CODE
13. ABSTRACT (Maximum 200 Words) The current study examines the effects of a psychological intervention that encourages emotional expression in prostate cancer patients and their partners. Prostate cancer patients (n=130) and their partners are randomly assigned to an intervention or a control group. Following Pennebaker's model, subjects in the intervention group are asked to write about their deepest thoughts and feelings regarding their cancer experience for 20 minutes each day for three consecutive days. The control group is asked to write about trivial non-emotional topics. Outcome variables including psychological distress, quality of life, and physical symptoms is assessed at baseline and over a period of nine months after the intervention (one week, three, six, and nine months). In accordance with our approved Statement of Work data collection is currently underway. To date 15 subjects have completed all follow-up assessments and 36 subjects have been enrolled and are at various stages of the data collection process. Data processing has begun, including data entry and verification, which has been completed for all subjects currently enrolled in the project.				
14. SUBJECT TERMS Quality of life, psychosocial intervention, stress			15. NUMBER OF PAGES 5	
			16. PRICE CODE	
17. SECURITY CLASSIFICATION OF REPORT Unclassified	18. SECURITY CLASSIFICATION OF THIS PAGE Unclassified	19. SECURITY CLASSIFICATION OF ABSTRACT Unclassified	20. LIMITATION OF ABSTRACT Unlimited	

Table of Contents

Cover.....	1
SF 298.....	2
Introduction.....	4
Body.....	4
Key Research Accomplishments.....	4
Reportable Outcomes.....	5
Conclusions.....	5

Introduction

The current study examines the effects of a psychological intervention that encourages emotional expression in prostate cancer patients and their partners. Prostate cancer patients (n=130) and their partners are randomly assigned to an intervention or a control group. Following Pennebaker's model, subjects in the intervention group are asked to write about their deepest thoughts and feelings regarding their cancer experience for 20 minutes each day for three consecutive days. The control group is asked to write about trivial non-emotional topics. Outcome variables including psychological distress, quality of life, and physical symptoms will be assessed at baseline and over a period of nine months after the intervention (one week, three, six, and nine months).

Body

Task 1: Preparation for the study (month 1 to 2):

The research protocols have been developed including instructions for all aspects of the protocol and questionnaire packets for each assessment. Research assistants have been trained to administer all parts of the protocol including the intervention, all assessments, and debriefings.

Task 2: Data collection (month 1 to 34):

Collaborating physicians are referring research subjects on an ongoing basis. Currently 15 subjects have completed the entire protocol including the intervention and all follow-up assessments. A further 37 subjects are enrolled in the study and are at various stages of the research protocol. We have recently obtained an additional 150 referrals from a collaborator which will increase our accrual rate in the next few months to meet our annual goals. Weekly research meetings are in place to deal with the day to day running of the project.

Task 3: Data processing (month 6 to 34):

Data spreadsheets have been set up and all data currently collected have been entered. Data verification is conducted periodically to ensure accuracy of data processing. SPSS programs have been set up for data analyses.

Task 4: Data analyses (month 34-36):

No results are available yet. Data analyses would not be informative at this stage of the research process.

Key Research Accomplishments

- Research protocol and referral mechanisms are in place.
- A total of 51 subjects are enrolled in the study.
- An additional 150 new referrals are being screened for eligibility.
- Data entry and verification is conducted on an ongoing basis.
- Weekly research meetings are conducted.

Reportable Outcomes

No reportable outcomes are available so far. This is in line with expectations delineated in our Statement of Work.

Conclusions

The research protocol is running as planned and no modifications are necessary at this point.